



 **CLIMATE CRISIS &**
INTERNATIONAL PROFESSIONAL ALLIANCE
MENTAL HEALTH

IMPACT OF
CLIMATE CHANGE
ON MENTAL HEALTH,
BEHAVIOR AND HUMAN BRAIN

CLIMATE CRISIS & MENTAL HEALTH (CCMH), UK is an international association of professionals and researchers from different scientific fields and social activities to conduct large-scale interdisciplinary research on the impact of climate change and climate disasters on mental health and behaviour, and to provide professional assistance to those affected by the climate crisis.

Of all the manifestations of the global crisis that humanity is currently facing, the climate crisis is the most severe. In recent decades, there has been an exponential increase in the severity of climate change, frequency and intensity of climate disasters, as well as a growing prevalence of mental disorders, aggression and self-harming behavior in society.

The impact of climate change on people's mental health is an overlooked topic. The lack of research and awareness on this issue is striking. While the same climate change factors that affect people's physical health also affect mental health.

The International Professional Alliance Climate Crisis & Mental Health, UK was established to research the impact of all factors related to the climate crisis on mental health, central nervous system functioning and human behavior. These include factors that have a direct, immediate impact such as:





CLIMATIC DISASTERS:

fires,
earthquakes,
volcanic eruptions,
hurricanes,
floods, etc.,
loss of family members,
friends,
homes,
livelihoods and forced migration



PHYSICAL FACTORS:

the impact of changes in the earth's magnetic field, temperature conditions, cosmic radiation, etc.



EPIDEMIOLOGICAL FACTORS:

increase of infectious diseases due to habitat changes and unsanitary conditions in climate disaster zones and refugee camps



ENVIRONMENTAL FACTORS:

change of chemical composition and pollution of water, soil, air, extinction of biological species and change of natural habitat, environmental disasters





INFORMATIONAL FACTORS:

climate anxiety,
distress and depression due to negative,
destructive and false content in the media and social
networks, concealment and distortion of information
about climate change and disasters,
non-warning of people about the impending disaster

Not only climate-related disasters themselves, but also **socio-economic factors** contribute to the increase in mental disorders. Such as migration, lack of water and food resources. Drought and crop failures lead to economic losses, hunger and thirst, which can certainly lead to distress and despair, up to suicide or a surge of aggression with wars over resources.

TO ACHIEVE THIS GOAL, THE MEMBERS OF THE ALLIANCE

- conduct large-scale interdisciplinary international and local research and social surveys into the impact of all components of the climate crisis, both direct and indirect, on people's mental health, well-being, and behaviour
- cooperate with other associations, organisations, educational and scientific institutions, centres and laboratories, NGOs, including international ones
- arrange and conduct conferences, forums, round tables and discussion clubs and other events: seminars, webinars and presentations for organisations, professionals and students; practical workshops and training



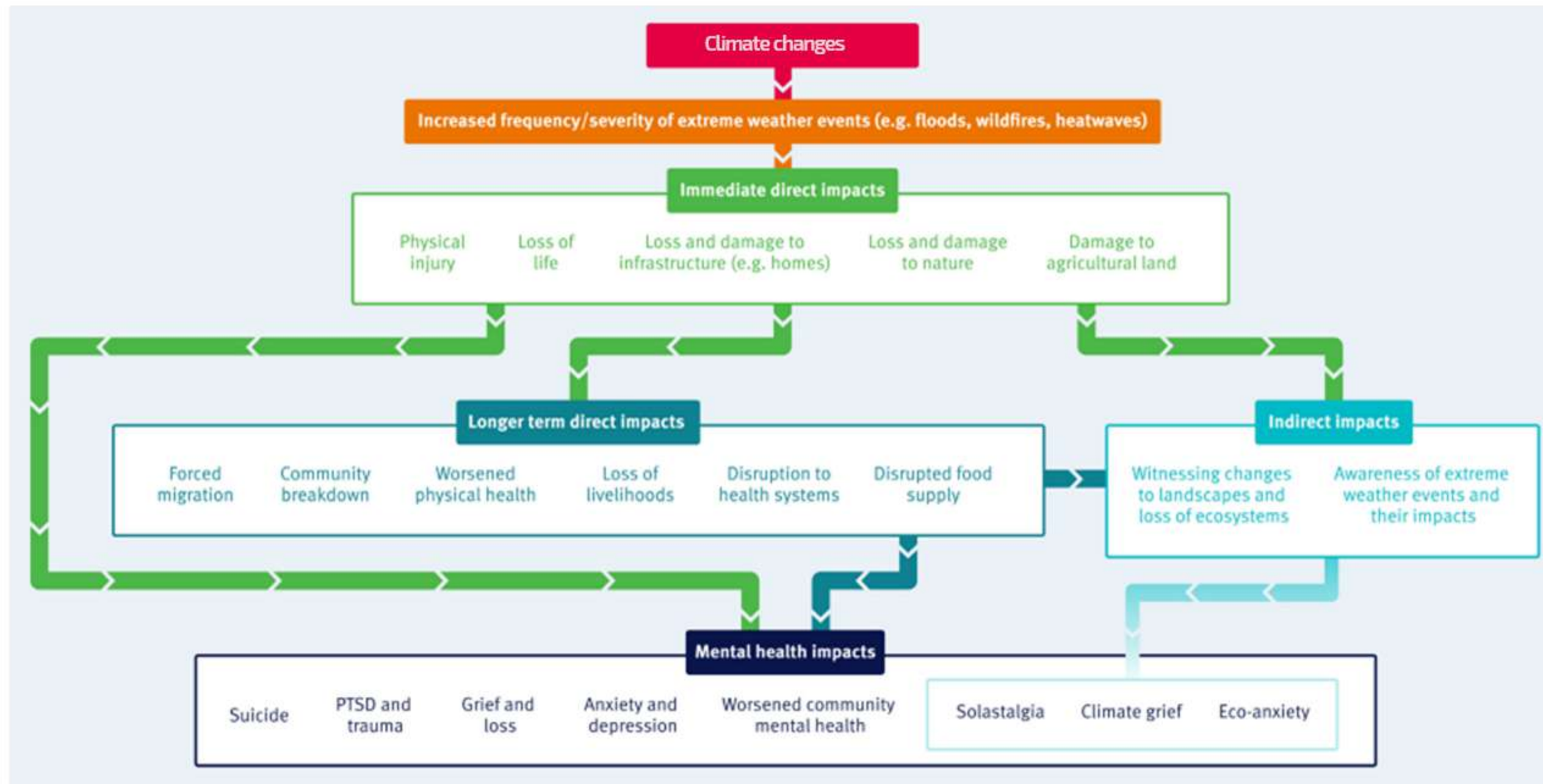
- organise and provide all necessary counselling, psychological, psychotherapeutic and medical assistance to children, adults and families affected by the climate crisis in accordance with their professional qualifications
- participate in local and international humanitarian projects and activities to improve social and economic conditions and provide comprehensive psychological, medical, and legal assistance to victims of climate disasters
- receive grants and create any legal structures, both for-profit and non-profit, for the fulfilment
- advertise and promote the Association's activities by all available means



- create programmes, popular science films and social videos
- participate in local and international scientific conferences, exhibitions, festivals and other events
- develop training courses, psychotherapy and rehabilitation techniques, mobile applications
- develop and publish methodological manuals, magazines, books and other information



Illustrative pathways by which extreme weather events impact mental health, with arrows indicating direction from cause to effect.



Climate change ultimately impacts a range of mental health outcomes via many different pathways, and so the mental health impacts of climate change must ultimately be assessed by thinking about entire systems.

Example pathways shown here arise from an extreme weather event (e.g. a flood or wildfire), which has immediate direct impacts (e.g. physical injury and loss and damage to homes), longer term direct impacts (e.g. forced migration and disrupted food supply) and indirect impacts (e.g. witnessing changes to landscapes and ecosystems).

Each of these impacts or consequences flowing from the climate change-related extreme weather event can impact mental health outcomes.